



Personal Training at Panda Bear Studio.

Experience bespoke training in a boutique environment

At Panda Bear Studio we specialise in blending the grounding techniques of yoga and Pilates with the strength and grace of aerial fitness. Whether you want to improve flexibility, build core strength or learn aerial sequences, our certified trainers will design a programme for your unique body and goals.

Why invest in personal training?

Personal training provides systematic programming, progress tracking and accountability. The investment reflects not just time in the gym but expert assessment, nutrition guidance and ongoing support.

Nutrition tests & consultation (FREE with 10-session pack)

Clients who pre-book **10 sessions** at Panda Bear Studio receive a complimentary **body composition assessment, dietary analysis** and a **30-minute consultation** with our nutrition specialist.

Payment & policies

- **Flexible payment** – pay in full to secure your discount, or spread the cost over two instalments for 10-session packs.
- **Validity & rollover** – 5-session packs valid for 3 months; 10-session packs valid for 6 months;
- **Cancellation** – 24-hour notice required to reschedule. Up to two session freezes allowed during the contract for illness or holidays (unused sessions added to the end of your term).
- **Referral rewards** – refer a friend who signs up for a pack and receive a free session.

Why choose Panda Bear Studio?

- **Experienced instructors** – Level-3+ qualified, with specialisms in aerial arts, Pilates and yoga.
- **Holistic approach** – we consider movement, nutrition and recovery. Clients benefit from integrated programming and free assessments with larger packages.

Call to action

Ready to elevate your fitness journey? Contact us to schedule a free 30-minute consultation. Let's discuss your goals and find the best package for you. Spaces are limited due to our studio's bespoke nature, so secure your spot today.

Pricing

Package	Sessions	Price	Notes
Drop-in	1	£50	Pay-as-you-go for those wanting flexibility.
Kick-start Pack	5	£215	Discount ≈£43/session. Valid for 3 months. Ideal for clients committing to a short programme.
Transformation Pack	10	£400	Deeper discount ≈£40/session, Includes a free InBody body-composition test, nutrition assessment and 30-minute consultation . Valid for 6 months.

Nutrition & consultation add-on

- Clients booking **10 sessions** receive a **complimentary nutrition assessment** (body-composition scan + diet review) and **30-minute consultation**.
- For other packages, nutrition consultation can be added for **£30**.